 **Mr. Underwood** 

# 7th Grade Physical Education Course Overview

2018-2019

**CLASS EXPECTATIONS:**

* Students are expected to follow all classroom rules and procedures as well as the school wide policies for behavior. The six main criteria for acceptable behavior are the 6 Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring, Citizenship

**CLASS GOALS:**

The overall goals for each student is as follows:

* Understand how take care of one’s fitness and to apply it throughout the week
* Develop competency/proficiency in motor and manipulative skills
* A safe and respectful classroom environment
* How to take care of mind, body, and emotions (8 dimensions of health)

**TOPICS TO BE COVERED:**

* Wellness, Bouldering/ rock climbing, Track & Field, Dance, Fitness, Paddle Tennis, Mindfulness, Team Handball, Mindset, Golf, Ultimate Frisbee, Nutrition

**MATERIALS:**

Listed below are supplies that we suggest students bring to class this year (clothes for PE). This suggested list has been compiled based on needs identified to support the delivery of the *physical education* curriculum. These supplies are not required, and full participation in the course does not require the purchase of any of these materials. State law requires us to provide a public education free of charge. Subject to certain exceptions, the right to a free public education means we cannot require students or their families to purchase materials, supplies, equipment or uniforms for any school activity; to pay security deposits for access, participation, materials, or equipment; or to make donations to a class, activity or program. Therefore, while this list suggests that students bring a number of items, they are voluntary. No student will be restricted from participation if they do not bring any of these supplies to school.

**PE UNIFORM POLICY**

For your child’s safety and health we require all students to wear Lincoln PE uniforms and proper athletic shoes. The uniform consists of:

* Optional Lincoln logo T-shirt. (or grey t-shirt)
* Optional Lincoln logo black shorts. (or black shorts)
* Optional for cold weather. Clean black or grey sweatshirt and/or sweatpants. No hoodies or zippers.
* ***Students are to wear PE clothes underneath sweats on colder days.***
* Non-marking, rubber soled, closed-toe athletic soles designed for court sports and games.
* Socks
* Oversized or “sagging” shorts are not allowed. Student’s last name must be printed clearly on all items of PE clothing, last name and first initial. No other markings are allowed on PE clothing. Clean black sweatshirt and/or pants may be worn over the Lincoln PE uniform and the sweatshirt/pants may not have an advertising logo, zippers, pockets or buttons.

Students who do not dress for PE will receive a non-suit but will still participate in class if they have the correct shoes. Failure to dress in appropriate physical education attire will result in the following progressive discipline:

* After three loaners & three non-suit have occurred – a non-disciplinary referral to the counselor will be issued to determine future actions
* If noncompliance continues, parent contact and a referral to school administrator may be taken as a disciplinary action.

**HOMEWORK:**

Teachers use fitness assessment as part of the ongoing process of helping students understand, enjoy, improve and/or maintain their physical education and well-being (e.g., students set goals for improvement that are revisited during the school year). (NASPE, 2009a,b,c)

The main homework is a fitness log that students will work on with the following two goals: (1) students to live an active life outside of the school day (develop/ maintain an active healthy lifestyle) and to (2) improve/ maintain the 5 health-related components of fitness. 7th Grade has a State standardized fitness test called the FITNESSGRAM. By providing this homework students, along with the teachers guidance, are able to “design and implement an individualized program of remediation for two areas of weakness based on the results of health-related fitness assessment. (National Physical Education Standard S3.M15.7)

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**ATTENDANCE:**

It is crucial that you are in class everyday. *If you are absent, it is your responsibility to come and get any work you missed while you were absent.* You may see me during my office hours or before school to obtain any work you missed. Work not turned in while you were absent will not be counted as late as long as it is turned in the day you return to school. You have the number of days absent to make up missed worked without penalty.

**MAKEUP EXAMS/RETAKES:**

I allow all students to retake motor skills assessments as many times as they feel needed until they have become competent and show evidence that they have learned the skill. I also allow retakes on all written assessments. As for a makeup, it is the responsibility of the student to talk with the teacher and arrange a time to take the assessment.

**LATE WORK:**

Any work turned in late will suffer an automatic full letter grade deduction. Late work will only be accepted until the end of the grading period. After a progress report has been sent home, work for that quarter will no longer be accepted.

**EXTRA CREDIT:**

All students will have the opportunity to earn a few extra points per unit depending on how they perform on the scoring guides and the rubric. This has been set in place to motivate all students to do their personal best.

**GRADING:**

The grading scale in this course is as follows:

100%-97%=A+ 89%-87%=B+ 79%-77%=C+ 69%-67%=D+ 59%-50%=F

96%-93%=A 86%-83%=B 76%-73%=C 66%-63%=D

92%-90%=A- 82%-80%=B- 72%-70%=C- 62%-60%=D-

**How grades are earned:**

|  |  |
| --- | --- |
| Motor & Manipulative skill assessments | * The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. |
| Cognitive assessments | * The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance. |
| Effort/ Participation | * The motor behind learning. The harder someone works at something the better chance they have to becoming proficient and successful. |
| 6 Pillars of Character | * The physically literate individual exhibits responsible personal and social behavior that respects self and others. |
| Fitness Improvement | * The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness. |

**REWARDS/CONSEQUENCES:**

Students will be rewarded for good character and going above and beyond: 1. Showing compassion, 2. Being responsible, 3. Doing their personal best

Rewards for good behavior could be in the form of praise, positive phone calls/ emails, and/or character counts wristbands.

Consequences of inappropriate behavior are the following: 1.Warning (Verbal), 2.Intervention, 3.Teacher or School detention, 4.Severe cases = referral and sent to office.

**OFFICE HOURS/COMMUNICATION**

The best way to get in touch with me is either through email: [**bunderwood@smmusd.org**](mailto:bunderwood@smmusd.org) and/or via telephone **(310) 393-9227 ext, 73-544**.

I have an open-door policy and students can come talk with me at the beginning of school, during nutrition break, lunch or afternoon.

I also have a website: [**www.underwoodclass.com**](http://www.underwoodclass.com)**.** On the website I’ve included study guides, practice quizzes, videos, notes, and handouts.

**Donations:**

Students enrolled in Lincoln Middle School are not required to pay any fee, deposit, or other charge for participation in an educational activity offered by the school or the Santa Monica-Malibu Unified School District, except as authorized by law. Donations are sought and accepted for various activities and supplies, and are at times critical to the continued success of classes and activities, but donations are voluntary.

The instructor reserves the right to make additions, changes, and deletions to the syllabus during the course of the year as appropriate for student learning.

By signing this form, I acknowledge that I have read and understand everything in the Course Expectations.

STUDENT NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PERIOD:\_\_\_\_\_\_\_\_\_\_\_\_\_

STUDENT SIGNATURE:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

PARENT/GUARDIAN NAME:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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